## News Release



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## California State Parks Offers Safety Tips for the Fourth of July Holiday Weekend

SACRAMENTO, Calif. — With 280 fabulous <u>state park destinations</u> in California, outdoor enthusiasts have great options for celebrating the Fourth of July holiday. While California State Parks welcomes all visitors and hopes everyone has fun, it wants to remind them to enjoy the outdoors in a safe manner.

Typically during holiday weekends, waterways are crowded and people are boating in groups or with many people aboard their vessels. Campgrounds, beaches and off-highway vehicular areas are busy with family and friend gatherings. Distractions are numerous.

Below are some tips on how to stay safe during this popular holiday weekend:

- Wear a properly-fitted life jacket for aquatic activities such as boating.
- Always wear sunscreen to protect from the sun.
- With triple digit temperatures predicted in some locations, take precautions against heat by staying hydrated and avoiding prolonged exposure to the sun.
- Let someone back at camp or at home know where you are going and when you
  plan on returning. Take a mobile phone for emergencies only or to let them know
  you have returned safely.
- Be sure to swim in areas with a staffed lifeguard tower.
- Use the buddy system when swimming or diving.
- Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- Actively supervise children in and around open bodies of water, giving them your undivided attention. Appoint a designated "water watcher", taking turns with other adults.
- Always wear a helmet and goggles when riding off-highway vehicles.
- Supervise off-highway vehicle riders younger than 16. Dirt bikes are not toys.



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Never permit youngsters to ride bikes that are too tall or too powerful for their capabilities.

For more safety tips, please visit California State Parks' safety webpage.

Responsible for almost one-third of California's scenic coastline, the California state park system includes 280 parks, beaches, trails, wildlife areas, open spaces, off-highway vehicle areas and historic sites. It consists of approximately 1.59 million acres, including over 339 miles of coastline, 974 miles of lake, reservoir and river frontage, approximately 15,000 campsites and alternative camping facilities and 4,456 miles of non-motorized trails.

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## California State Parks

Provides for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation. Learn more at www.parks.ca.gov.

## California's Drought

Every Californian should take steps to conserve water at home, at work and even when recreating outdoors. Find out how at <u>SaveOurWater.com</u> and <u>Drought.CA.Gov</u>.